



Pararescueman of year awarded

Senior Master Sgt. Ryan Beckman, career field manager for the Pararescuemen, and Col. Henry Gaither, Air Staff Chief of Personnel Recovery Division, present Tech. Sgt. Mike Atkins with the Air Force's "Pararescueman of the Year" award for the NCO category. Four of the Air Force-level awards were given out last Friday night at the annual presentation here. Winners in the other three categories were: Senior Airman Ivan Ruiz, Master Sgt. Lee Shaffer, and the first ever Combat Rescue Officer of the Year, 1st Lt. Joseph Barnard. Staff Sgt. Benjamin McElyea (middle) assisted in handing out the awards.

Photo by Dennis Carlson

Nutritionist advises: Eat healthy, stay fit

**BY 1ST LT.
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EGLIN AFB, Fla. (AFPN)

—Exercising is only one of several elements needed to live a healthy lifestyle, according to Staff Sgt. Cristina Saguin.

She is the noncommissioned officer in charge of nutrition programs at the Health and Wellness Center here.

"Exercise alone cannot improve a person's health," Saguin said. "Unfortunately, there are those who think that if they exercise, it's a license to eat whatever they want."

This thinking leads to poor eating habits like skipping meals, not eating from all the food groups during the day and fad diets, she said.

"Skipping meals can slow the body's metabolism," said the nutritionist.

"Later, they'll overeat, typically on the least healthy of foods."

The first step in improving eating habits, Saguin said, is for people to write down everything they eat during the day, and when they eat. This

allows people to assess their current eating habits and see what they can change.

Additionally, people should eat small meals and snack throughout the day, making sure the meals and snacks include all the food groups, she said.

Snacks should include whole-grain breads, cereals, rice and pastas, plenty of vegetables and fruits, low-fat dairy products and lean meats. Products made from refined sugar or those loaded in fat, such as pastries and candy bars should be eaten in moderation, she said.

"Eating the appropriate foods (helps) to give us the energy we need for daily activities and additional fitness activities," Saguin said. "Those frequent, small meals or snacks go a long way in helping us perform our normal duties and enabling us to exercise, too."

Experts at each base's wellness center can provide further information on nutrition and fitness, including directions about weight, cholesterol and blood pressure management.

Also, dieticians at the base hospital can give effective tips on how to make lasting changes towards healthy eating habits.



Photo by Todd Berenger

First flight ceremony

Col. Hank Andrews, 377th Air Base Wing commander, is wet down after his first flight with the 58th Special Operations Wing, as Col. Eric E. Fiel, 58th Special Operations Wing commander looks on. Doing the honors are 1st Lt. Jason Vidal, left, Staff Sgt. Chris Sweeden, center, and the colonel's son, Derek Andrews, right. Andrews took an orientation flight with the special ops wing Sept. 9.

16 on supplemental promotion list

The Air Force selected for promotion on the September supplemental promotion list.

SELECTED FOR PROMOTION TO MASTER SERGEANT:

Air Force Operational Test and Evaluation Center
Jaime Campos

58th Maintenance Group
Rodney D. Rathel

412th Aircraft Maintenance Squadron Detachment 2
Eric R. Brown

SELECTED FOR PROMOTION TO TECHNICAL SERGEANT:
550th Special Operations Squadron
Kevin W. Friend

SELECTED FOR PROMOTION TO STAFF SERGEANT:
412th Aircraft Maintenance Squadron Detachment 2
Gary D. Little

377th Mission Support Squadron
Misty M. Johnson

377th Medical Operations Squadron
Jeffreyalan K. Decambra

377th Security Forces Squadron
Bradley W. Hill

377th Comptroller Squadron
Ruby Ann Alforque (Inbound)

58th Aircraft Maintenance Squadron
Christian Fernandes
Mark C. Hashimoto
Acevedo P. Melendez
John J. Zaimis

58th Maintenance Squadron
Joshua C. Ishiki
Matthew E. Petersen
(Inbound)

Space and Missile Systems Center Detachment 12
Norman William Birt